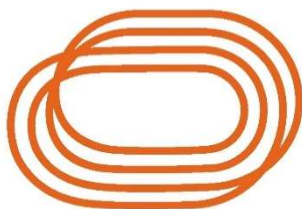


4/09/2024



**ATLETIEK  
VLAANDEREN**

**TIJDSHEMA  
KVV MASTERS**  
Zaterdag 7 september 2024  
Mechelen (RAM)  
Inkom: €8,00 (gratis t/m 17 j.)

Uur	Loopprouven		Kampprouven	
	Categorie	Discipline	Categorie	Discipline
10:00	M50+	5000m	W35-40-45 W50+ M50+	Discus Kogel Hoog
10:50	W35+	5000m		
11:00			M35-40-45-50-55	Speer
11:15	M35-40-45	5000m		
11:15				
11:30			W60+ W35-40-45 W35+	Discus Kogel HSS
11:40	M55+	800m		
11:50	W45+	800m		
11:55	M45-50	800m		
12:00	W35-40	800m	M35+	HSS
12:05	M35-40	800m		
12:15				
12:20	W60+	80mH		
12:25	W50-55	80mH		
12:30	W40-45	80mH		
12:35	M60-65	100mH		
12:40	W35	100mH	W50-55	Discus
12:45	M50-55	100mH		
12:50	M35-45	110mH		
13:00			M60+ W35+	Speer Hoog
13:15			M35-40-45	Kogel
13:30	W50+	100m		
13:35	W40-45	100m		
13:40	W35	100m		
13:45	M60+	100m		
13:50	M50-55	100m	M60-65	Discus
13:55	M40-45	100m		
14:00	M35	100m	M35-40-45-50	Ver
14:30	W70+	200mH	M35-40-45	Hoog
14:40	M60-65	300mH	M50-55	Kogel
14:45			W35-40-45	Speer
14:50	W35-45	400mH		
15:00	M50-55	400mH		
15:10	M35-45	400mH	W35+	Ver
15:20			M70+	Discus
15:30	W50+	200m	M35+	Polstok
15:35	W40-45	200m		
15:40	W35	200m		
15:45	M60+	200m		
15:50	M50-55	200m	M60-65	Kogel

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15:55	M40-45	200m		
16:00	M35	200m	M35+	Polstok
16:15			W50+	Speer
16:20	W35+	1500m		
16:30	M55+	1500m	M35-40-45 M55+	Discus Ver
16:40	M45-50	1500m		
16:50	M35-40	1500m	M70+	Kogel
17:00	W55+	400m		
17:05	W35-40	400m		
17:10	M60+	400m		
17:15	M50-55	400m		
17:20	M40-45	400m		
17:25	M35	400m		
18:00			M50-55	Discus